

EFFICIENCY MANITOBA

FALL 2023

**MOVE ENERGY
EFFICIENCY
TO THE TOP
OF YOUR
TO-DO LIST**

IN THIS ISSUE:

Find ways to save energy this fall, learn about our programs and rebates, and more!

 **EFFICIENCY
MANITOBA**

**SAVE TODAY.
SAVE TOMORROW.**



End of the harvest
Beaudry Provincial Park, MB

Photo credit: @jppaetkau

EFFICIENCY MANITOBA

A MESSAGE FROM THE CEO

Fall can be a busy time for all of us. As schedules fill up with school, work, and all the other responsibilities life throws our way, your attention might be drawn away from a renovation project or upgrade you've been meaning to start. While it's easy to defer these projects, there are real benefits to starting sooner rather than later. I urge you to move energy efficiency closer to the top of your to-do list.

The energy landscape is rapidly evolving. As interest increases in reducing emissions from building heating and transportation, our electric grid will face additional requirements which will come at a cost. Actions we individually take to save result in better use of existing infrastructure, deferring the point at which costly new assets are required to serve growing needs. And reducing consumption isn't all about managing our use of electricity. Efficient use of natural gas is critically important in reducing greenhouse gas emissions and ensuring the health of our environment for generations. Mitigating costs and the impacts of climate change relies on our commitment to saving energy.

There's good news. Efficiency Manitoba is here to offer you financial and technical support for all kinds of upgrades for homes, businesses, and communities. Maybe you're planning to completely retrofit your home to achieve deep energy savings, or maybe you just need some help on where to begin. We can assist you with the largest of projects, provide you with information and advice to help you determine which upgrades are right for you, and have programs and offers for the many steps in between.



With everyday living costs on the rise and available dollars stretched, you may wonder if now is the time to invest in energy efficiency. The answer is a resounding "yes!" Choosing to invest in energy efficiency offers a guaranteed return through savings you see immediately on your energy bills while also mitigating the impacts of future rate increases and reducing negative impacts on the environment. We're here to help make that investment decision even easier. We have more rebates than ever before, and combined with other grants like the Canada Greener Homes Initiative, there are lots of ways to save immediately on the cost of making energy-efficient choices in your purchases and projects while providing long-term relief on your energy bills.

The future may be uncertain, but one thing is clear: energy efficiency always makes sense and is something that you can act on today. Together, our work to save energy will contribute to a more sustainable future for Manitoba and our planet as a whole.

Colleen Kuruluk
Chief Executive Officer,
Efficiency Manitoba

Natural gas efficiency programs are funded in part by the Low Carbon Economy Fund.

Funded in part by:
Financé en partie par :

Canada

Manitoba



EMPOWERING THE ENERGY EFFICIENCY LEADERS OF TOMORROW

Today's youth care about the planet, and they know they can make a difference!

We encourage you to have conversations about energy efficiency with the children in your life. This can be as simple as explaining what energy efficiency is about — using less energy to do the same job and getting the same or a better result — and discussing the negative consequences of not using energy efficiently, like energy waste, higher energy bills, and climate change.

While talking and thinking about energy efficiency is important, the next step is to put these words into action. You can lead by example by turning off the lights when you're not in a room, unplugging small electronics when they're not in use, and taking shorter showers. When kids see you making energy-efficient choices, they'll be more inspired to do so themselves.

ENERGY EFFICIENCY IN THE CLASSROOM

Saving energy benefits not only individual households but also our planet as a whole. To help young people understand this, we launched the Generation E initiative. We provide teachers with tools to bring the conversation about energy efficiency into the classroom and empower youth to create change among their family, friends, and community. We've put together free interactive activities and lesson plans to share with students in kindergarten through Grade 9.

Depending on the students' ages, lessons include colouring pages, an energy efficiency checklist, a home energy review, and discussions about energy-saving habits. Plus, the youngest students will meet Jenny Jay and Energy Ed, who will take them on an energy efficiency journey through our elementary-level activity book.

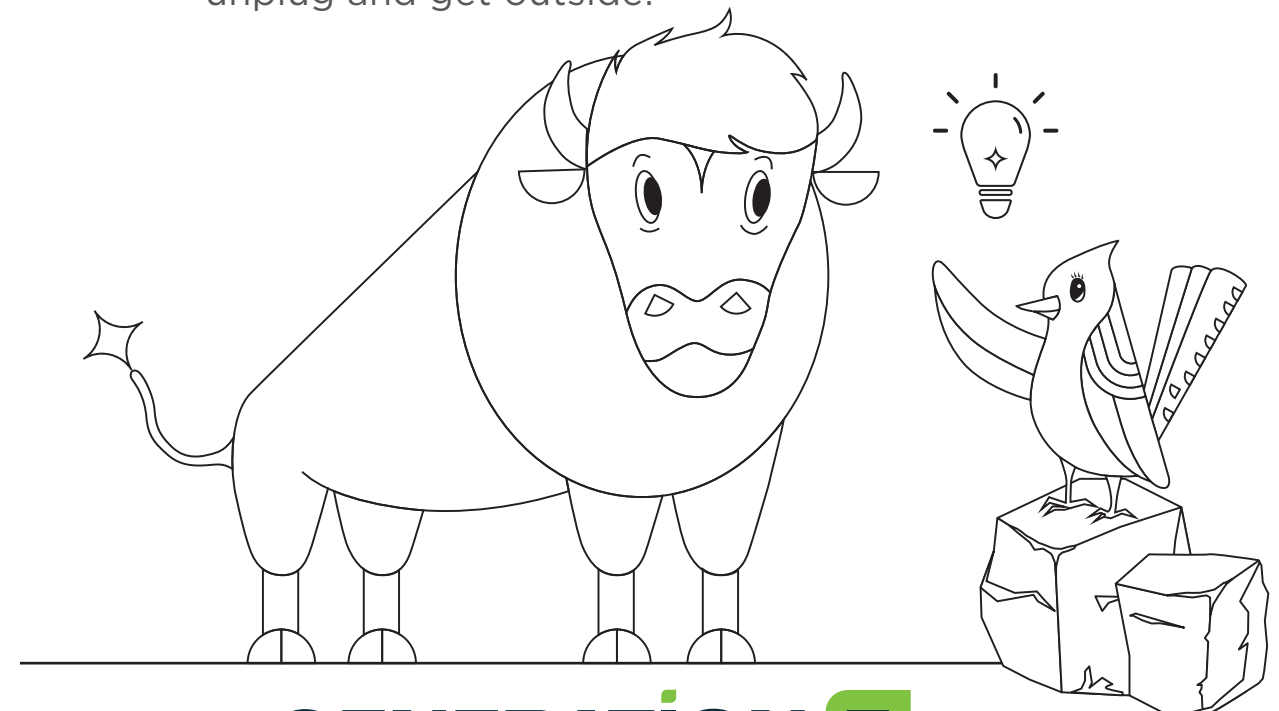
To learn more about Generation E, visit efficiencyMB.ca/education.



ENERGY-SAVING TIPS FOR KIDS

Here are five easy tips to help us all live an energy-efficient life! Cut these tips out and put them on your fridge or bulletin board so they stay top of mind for everyone in your household.

- ✓ Unplug small electronic devices (like gaming consoles) when you're not using them.
- ✓ Don't leave your fridge door open for longer than you need to.
- ✓ Take shorter showers so you don't waste hot water.
- ✓ Turn off the lights when you leave a room.
- ✓ Rather than spending your free time inside with electronics, unplug and get outside!



GENERATION E



ENERGY EFFICIENCY IN THE KITCHEN

With multiple major appliances in one area, the kitchen is one of the rooms in your home that uses the most energy. This means it's also a great place to focus on when looking to reduce your energy use.

Saving energy in your kitchen can be easy. Run your dishwasher only when it's full, let your leftovers cool before putting them in the fridge, and use small appliances like air fryers and pressure cookers instead.

Try out this air fryer recipe from Manitoba Chicken Producers!

HARVEST CHICKEN SALAD

Cooking directions

Preparation:

(For single or double-basket air fryer)

Preheat air fryer to 375°F.

Toss cubed chicken with Cajun seasoning and set aside.

Toss brussels sprouts and butternut squash with oil, salt, and pepper.

Add brussels sprouts and butternut squash to air fryer basket and cook for 20 minutes, tossing halfway through. Set aside to cool slightly.

Add chicken breast to air fryer basket and cook for 12 to 15 minutes, or until internal temperature reaches 165°F or 74°C.

In a small bowl, combine dressing ingredients and whisk well. In a large bowl, combine roasted chicken, brussels sprouts, butternut squash, dried cranberries, feta, and dressing, and gently toss.

Transfer to a serving platter and garnish with parsley. Serve with crusty bread, if desired.

Notes:

If you don't have a double-basket air fryer, you can add the chicken to the same fryer basket after the vegetables have finished cooking.

If you don't have an air fryer, you can make this recipe with a barbecue by placing chicken and vegetables on two barbecue-safe sheet pans on the grill at 375°F. Cook for 15 to 20 minutes for the chicken (or until internal temperature reaches 165°F or 74°C), and 25 minutes for the vegetables. Cooking times may vary by appliance.

For more recipes, go to manitobachicken.ca/recipes/.

Main ingredients:

- 500 g** boneless, skinless chicken breasts (approx. 4), cut into 1/2 inch cubes
- 2 cups** brussels sprouts, halved
- 2 cups** butternut squash, cubed
- 2 tbsp** Cajun seasoning
- 2 tbsp** canola oil
- 1 tsp** salt
- 1 tsp** pepper
- 1/2 cup** dried cranberries
- 1/2 cup** crumbled feta cheese

For the dressing:

- 1/2 cup** olive oil
- 1/4 cup** red wine vinegar
- 2** garlic cloves, minced
- 2 tsp** dried oregano
- 1 tsp** Dijon mustard
- 1/2 tsp** salt
- 1/2 tsp** pepper
- 1/4 cup** flat-leaf parsley, chopped

INDIGENOUS ENERGY ADVOCACY IN MOTION

A PROFILE OF THURMAN “DARBY” ESSIE OF SIOUX VALLEY DAKOTA NATION

by Molly Cross-Blanchard



continue after Sioux Valley's multi-year participation in the Indigenous Community Energy Efficiency Program ends. “[Iain from Efficiency Manitoba] is willing to travel to any community. He just wants to make sure that people know how to do [the upgrades] ... He's willing to teach.”

Passing on his knowledge is the most rewarding aspect of the job for Darby. He recently supported five community members in completing geothermal training. At the graduation celebration barbecue, they were presented with certificates and smudge kits. “Everybody I went to visit at each table was just excited [to help the community] ... asking, ‘When are we gonna do our first install?’”

This satisfaction in being a positive influence on the community doesn't stop with Darby's coworkers, but extends to the young people in his family. After noticing the work Darby does for his community, his nephew now approaches Darby at events to ask what he can do to help. Even something as simple as bringing a bag of popcorn to an elder puts a smile on the boy's face. “Do you like that feeling?” Darby has asked his nephew. “That's what I get every time I help out in the community.”

Nation-to-Nation support is another area of passion for Darby. His goal is to travel to other Dakota Nations, sharing the skills he's developed. “This is how the Dakotas work. We're always willing to help, not just our own, but anybody.” Sioux Valley intends to hire Darby to continue the important work he's begun.

When asked if he'd be willing to share contact information with folks who want to ask questions about the program, Darby doesn't hesitate to agree. “The reason there are a lot of other Nations who wear the war bonnet is because the Dakota gifted it to them. That was our way of showing friendship... I wouldn't mind doing that again... That's the only way we're going to be able to survive, period, is by helping each other out.”

We are so thankful to Thurman “Darby” Essie for sharing his story. If you'd like more information about the Indigenous Community Energy Efficiency Program, reach out to **Efficiency Manitoba** or speak to Darby directly at energy.efficiency@svdngovernance.com.

As an Energy Efficiency Advocate, funded by the Indigenous Community Energy Efficiency Program, Thurman “Darby” Essie isn't just advocating for the environment. He's a champion of his community: Sioux Valley Dakota Nation (Wipazoka Wakpa).

With advocacy work, Darby says it's important to “get people together and help them understand.” The beauty of this program is it allows Nations to hire members of their own communities, so the incoming knowledge is delivered by someone who knows (and is known by) the community they serve.

Having lived in Sioux Valley himself, Darby describes the need to update homes that have air leakage and poor insulation. Updating these structures can significantly lower energy bills, Darby notes, which is vital for families who struggle financially.

To access energy efficiency upgrades, community members contact their Nation's housing department, which directs them to Darby and his coworkers. Darby receives direct support from Efficiency Manitoba, which he says will

THE BEST UPGRADES FOR YOUR HOME

Want to live a more energy-efficient life? Your home is a great place to start. There are a number of ways to help lower your energy bill, no matter the age of your home.

THE EVOLUTION OF ENERGY USE

Energy use has changed over the years, and many older homes weren't built to prioritize energy efficiency. We have recommendations for upgrades that could be suitable for your home based on the year it was built.

These are general suggestions to get you thinking about what could work for you. For more customized recommendations, try our free 10-minute virtual energy review. Simply answer a few questions about your home, and the tool will recommend energy-saving opportunities and Efficiency Manitoba programs that make sense for you.

To learn more, go to efficiencyMB.ca/virtual-energy-review.

LEARN MORE



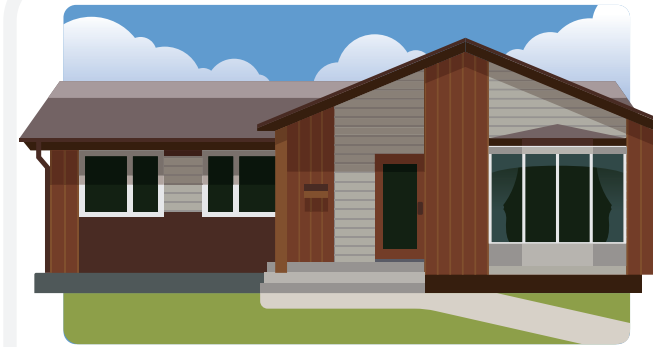
Prior to 1960

If you have an older home, you should consider upgrading your insulation. The technology we use to build new homes is vastly different from the technology used pre-1960. In older homes, it's common to have a few inches of wood chips to insulate the attic. Newer homes typically have a foot or more of modern insulation.

Upgrading the insulation in your attic, walls, or basement will keep the heat in during cooler months and out during warmer months, resulting in less energy used, lower energy bills, and a more comfortable home.



Learn more about insulation



Read our "air sealing 101" article

1960s to 1980s

If your home was built between 1960 and 1980, consider adding weatherstripping to windows and doors, and sealants to gaps and cracks to help you reduce air leakage and save energy. When air leaks occur, your home has to use more energy to regulate the indoor temperature. You can hire a contractor to find and repair leaks or easily do it yourself at home.

Your home still might not have enough insulation, so making insulation upgrades is a worthwhile investment as well.

1980s to 2000s

Homes became relatively more energy efficient compared to years prior with the introduction of higher efficiency furnaces and a growing energy awareness, but there will still likely be room for improvement in your home. Upgrades to insulation and air sealing are a great start, even though they're a more significant issue in older homes.

You may also want to look at upgrading to a ground source or air source heat pump to reduce your heating and cooling costs, which are upgrades that could benefit a home of any age.



Learn more about ground source heat pumps



Learn more about air source heat pumps



2000s to today

The newer the home, the more energy efficient it's likely to be, but there are still upgrades that can help you save.

One upgrade to consider is purchasing ENERGY STAR® certified appliances. ENERGY STAR is an internationally recognized program that identifies the most efficient products available for purchase, so you can trust they'll help you lower your energy use. Other simple upgrades to help lower your energy bills include installing low-flow showerheads, using LED light bulbs, installing a smart thermostat, and using advanced power strips. These small changes can amount to big savings in the long run!



Get instant rebates on energy-efficient products

CHECK EFFICIENCY MANITOBA FIRST

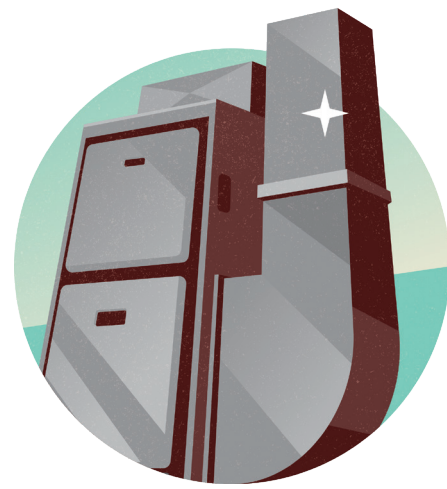
PROGRAMS & REBATES FOR YOUR HOME

Interested in making energy efficiency upgrades at home, but not sure where to start? Check Efficiency Manitoba first. We have a variety of programs and rebates to help you save energy and money. Our experts are ready to help you every step of the way, making the process easy.



Learn more about our programs and rebates at efficiencyMB.ca.

LEARN MORE



HEATING, COOLING & CONTROLS

Are you looking to upgrade your heating and cooling system? Consider a heat pump! Air source and ground source heat pumps provide efficient heating and cooling in one unit, and we offer rebates on both. We also offer subsidized heating system upgrades through our Energy Efficiency Assistance Program. Qualifying homeowners or rental properties can upgrade to a new high-efficiency natural gas furnace for as little as \$9.50 per month or get a \$5,000 rebate toward a high-efficiency natural gas boiler. Turn to page 12 to learn more!



INSULATION

Ensuring your home is properly insulated will help reduce your energy bills and improve the comfort of your living space. Our Home Insulation Rebate offers homeowners and landlords money back on attic, wall, and basement insulation costs. Depending on your income, even more help is available; you could qualify for free insulation upgrades through our Energy Efficiency Assistance Program. Qualifying home or rental property owners can receive attic, wall, and basement insulation for free.



APPLIANCE RECYCLING

If you have old, working fridges or freezers to get rid of, we're here to help! We'll remove them from your home for free, recycle them responsibly, and give you \$30 for each one we collect. While we're at your home, we can also pick up any working dehumidifiers, window air conditioners, bar fridges, or small-sized freezers at no cost.



BUILDING A NEW HOME

If you're building a new home, design it with energy efficiency in mind. When you build a home that's Certified Energy Efficient by Efficiency Manitoba, you'll not only keep your monthly energy costs low, but also increase your home's comfort while reducing maintenance. Plus, you can receive up to \$12,000 in rebates through our New Homes Program!



INDIGENOUS OFFERS

We're dedicated to helping reduce the energy burden across Manitoba. We're partnering with First Nation communities and the Manitoba Métis Federation to provide customized Indigenous offers for energy efficiency upgrades. This tailored approach helps Indigenous Peoples in Manitoba reduce energy use and bills in their homes and small businesses.



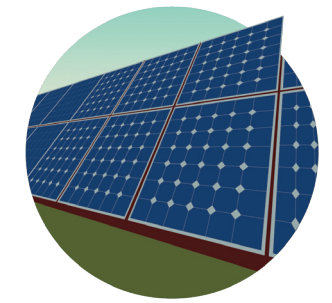
MAJOR RENOVATIONS

If you're planning a major renovation to your home, make it an energy-saving project! We offer rebates for comprehensive home renovation projects with deep energy savings through our Home Energy Retrofits. You'll start with an EnerGuide home evaluation, where an energy advisor will identify energy-saving opportunities for your home and help you plan your major retrofit. When your project is complete, you'll enjoy significantly lower energy bills and reduced maintenance costs for years to come.



WINDOWS & DOORS

Energy-efficient windows and doors can reduce your monthly bills while making your home more comfortable. Features like triple pane glass, improved insulation, and high-quality weatherstripping reduce air leakage and condensation, leading to energy savings year after year. We offer up to \$2,000 in rebates per home when you replace your existing windows and doors with eligible ENERGY STAR® certified models.



SOLAR PV SYSTEMS

Solar photovoltaic (PV) systems provide energy to your home in a sustainable manner. They can help reduce your monthly energy bills, mitigate the impact of future rate increases, and increase the value of your property. That's why we offer rebates of up to \$5,000 for installing solar PV systems on homes connected to Manitoba Hydro's grid.

RAKE IN THE SAVINGS THIS FALL

Keep your home warm and cozy this fall by following these energy-saving tips to get ready for cooler weather and save on heating costs!

✓ KEEP WARM AIR IN

Weatherstripping or caulking around doors, windows, and electrical outlets reduces air leakage and saves energy. Installing an insulating kit on the interior sides of your windows is another low-cost way to save energy.

✓ PREP FOR WINTER

Purchase an outdoor car plug timer. A block heater only needs to be turned on for three hours before starting your car — even on the coldest of nights.

✓ ADJUST ACCORDINGLY

Lower the temperature by at least 3°C at night or when you're not at home. Consider buying a smart thermostat that can be controlled remotely and can learn from your behaviour and adjust the temperature automatically.

✓ GET COZY

Schedule a maintenance appointment for your heating system to ensure it's running at peak performance. Be sure to replace your furnace filter with the change in season — about four times per year.

Looking for more fall tips? Go to [efficiencyMB.ca/fallsavings](https://www.efficiencyMB.ca/fallsavings) or scan the QR code!

LEARN MORE



EFFICIENCY MANITOBA

SUPPORTING SMALL BUSINESSES

Communities and small businesses go hand in hand. In addition to enabling local access to goods and services, small businesses create jobs, offer meaningful work, and bring Manitobans together.

CELEBRATING LOCAL

Business Development Bank of Canada's (BDC) annual Small Business Week takes place this year from October 15 to 21. It's a chance for entrepreneurs from across the country to network and learn from each other, and it encourages consumers to celebrate the impact small businesses have in the community.

Chateau Design is a Winnipeg-based re-upholsterer and custom furniture builder. Normand, the owner of Chateau Design and a participant in our Small Business Program, says it's important to support small businesses because it keeps money right here in Manitoba and helps to reduce our carbon footprint.

“ **Efficiency Manitoba's Small Business Program benefitted us in two ways. The first is the difference in the brightness in our shop. We are working in a space that is 50% brighter, which makes us more productive. The second is the lower overhead costs. Our climate is changing very fast, and we must conserve energy any way we can. Energy-efficient lighting is a step in the right direction.** ”

ENERGY EFFICIENCY PROGRAMS FOR SMALL BUSINESSES

We offer two programs to help small business owners make energy efficiency upgrades:

1. Our **Small Business Program** offers free basic upgrades, like A-line LED bulbs, bathroom and kitchen faucet aerators, spray valves, and low-flow showerheads. Plus, we cover 70% of material and installation costs for eligible premium upgrades, like LED linear lamps, specialty LEDs, lighting controls, smart thermostats, pitched roof attic insulation, and more.
2. Our **Indigenous Small Business Program** offers First Nation and Red River Métis-owned businesses free energy efficiency upgrades, starting with an energy assessment to determine which upgrades the business qualifies for.

Visit [efficiencyMB.ca/smallbusiness](https://www.efficiencyMB.ca/smallbusiness) to learn more about both programs.



SAVE TODAY. SAVE TOMORROW.

SAVING MORE HOUSEHOLDS MORE ENERGY

Life is expensive. Between mortgage or rent payments, groceries, and other necessities, it can be a lot to manage — plus there are energy bills on top of that!

We want to help ease the financial burden many Manitobans face. That's why we're proud to offer our Energy Efficiency Assistance Program, which provides free and significantly subsidized energy efficiency upgrades for qualifying low- to moderate-income households.

We recently expanded the program's income thresholds, so approximately 40% of Manitoba households may now qualify.

"Investing in energy efficiency in our homes results in long-term savings, but it also means people and families can enjoy much more comfortable homes and a little extra money

in their pockets," said Jacqueline Wasney, a board member of the Consumers' Association of Canada Manitoba who also represents consumer interests within Efficiency Manitoba's Energy Efficiency Advisory Group.

To learn more about the Energy Efficiency Assistance Program and find out if you qualify, visit efficiencyMB.ca/eeap. You can also request more information by calling or emailing us; our contact information is on the back cover.

WHAT'S INCLUDED

If you participate in the Energy Efficiency Assistance Program, you'll get a free home energy check-up to find ways you can save energy (and money).

You'll receive free energy-saving devices including LEDs, energy-efficient showerheads and aerators, and air sealing products.

Based on the assessment, you may also be eligible for the following services and upgrades:

- Free insulation for attics, wall cavities, basements, and crawlspaces, including the cost of materials and installation
- A new high-efficiency natural gas furnace for only \$9.50/month for five years when upgrading from a standard-efficiency furnace, or a new high-efficiency natural gas furnace for only \$25/month for five years when upgrading from a mid-efficiency furnace
- A \$5,000 rebate towards the purchase of a qualifying high-efficiency natural gas boiler



STEPS TO PARTICIPATE:

STEP 1

SEE IF YOU QUALIFY & APPLY



STEP 2

GET YOUR FREE HOME ENERGY CHECK-UP



STEP 3

CHOOSE A REGISTERED CONTRACTOR



STEP 4

CONTRACTOR COMPLETES THE ELIGIBLE UPGRADE



STEP 5

ENJOY THE SAVINGS



NOT SURE IF YOU QUALIFY?

You qualify for this program if you live in a single-detached or semi-detached home, live in the home year-round, and have a total household income (before deductions) that meets or falls below the limits in the following table:

Number of people living in the home	Total income
1 person	\$42,600
2 people	\$53,035
3 people	\$65,200
4 people	\$79,161
5 people	\$89,784
6 people	\$101,260
7 or more people	\$112,739

If your household income is slightly over our thresholds and you're not sure if you qualify for the program, please contact us to discuss. We also accept alternative forms of income verification if you're unable to provide income tax documents.

MORE WAYS TO SAVE

If you don't qualify for our Energy Efficiency Assistance Program, we offer many other programs and support to help you save on energy efficiency upgrades. To learn more and check out our other offers, visit pages 8 and 9.

ARE YOU A LANDLORD?

You can apply for the Energy Efficiency Assistance Program if your tenants are eligible! Or, if you rent an apartment or own or manage an apartment building, our In-Suite Energy Efficiency Program can help. Learn more at efficiencyMB.ca/insuite.

INSTANT REBATES

**Save instantly
on select energy-
efficient products**



Until November 16, 2023, get instant rebates of \$5 and \$10 on select energy-efficient products and \$50 on select smart thermostats at participating retailers.

Product selection varies by retailer. Terms and conditions apply – see website for details.



FIND A RETAILER NEAR YOU
efficiencyMB.ca/instantrebates



CONNECT WITH US

Give us a call:

Winnipeg: 204-944-8181

Toll free: 1-844-944-8181

Send us an email:

energyteam@efficiencyMB.ca

Visit our website:

efficiencyMB.ca

Sign up for our newsletter:

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**ACCÈS À
LA VERSION
FRANÇAISE ICI**



To access the French version of the magazine, please visit efficiencyMB.ca/revue-automne2023.

